

Cristo Rey Oklahoma City Catholic High School

Wellness Policy Statements:

Cristo Rey Oklahoma City Catholic High School is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

All students at Cristo Rey Oklahoma City Catholic High School shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime.

All staff at Cristo Rey Oklahoma City Catholic High School are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet these commitments, Cristo Rey Oklahoma City Catholic High School adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. The intent of this policy is to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Goals

Nutrition Education

Cristo Rey Oklahoma City Catholic High School will strive to achieve the following goals:

- Incorporate more nutrition education for graduation.
- Offer more nutrition education in grades 9-12.
- Begin conducting nutrition education activities and promotions that involve students, parents, and the community.
- Improve the cafeteria environment so that it promotes health and nutrition education.
- Provide training and education for staff, teachers and other personnel to promote wellness and to educate students in making healthy lifestyle choices.
- Plan at least 3 nutrition activities per year, to include school foodservice staff, school nurse, coaches, and additional staff, as appropriate.
- Provide information at least once a semester to families that encourage families to teach children about health and nutrition.

Nutrition Promotion

Cristo Rey Oklahoma City Catholic High School will strive to achieve the following goals:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce

these positive messages. Cristo Rey OKC Catholic High School's staff members will be provided training on providing students with these messages annually.

- Involve students in planning for a healthy school environment. Students will be asked for input and feedback, and attention will be given to their comments.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (e.g., school registration, parent-teacher conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events).
- Employees with duties serving food should encourage students to take all the required components of the meal. If a student declines items through offer vs. serve, the students should be encouraged to take the full cup servings of the daily fruit and vegetable offering.
- Eliminate or reduce advertising and other materials on the school campus that promote foods of minimal nutrition value.

Physical Activity

Cristo Rey Oklahoma City Catholic High School will strive to achieve the following goals:

- Provide physical education for all students.
- Offer a planned sequential program of physical education instruction, incorporating individual, and group activities, which are student centered and taught in a positive environment.
- Schedule recess or physical education before lunch times in order to increase food consumed, decrease plate waste, and improve cafeteria behavior.
- Incorporate 5-to-10-minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (e.g., Take Ten!, Mind and Body, etc.).
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- Create wider opportunities for students to voluntarily participate in before- and after-school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics. See Appendix D for physical activity resources.
- Provide information to families that encourage families to teach children about health and physical activities.

Other School Based Activities

Cristo Rey Oklahoma City Catholic High School will strive to achieve the following goals:

- Promote physical and nutrition education in after-school programs
- Promote health and nutrition in other school-based activities (such as school events, field trips, dances, assemblies, fundraisers, and sports events).
- Promote health and wellness by hosting health fairs, theme weeks, and guest speakers promoting a healthy lifestyle.

- Organize and participate in a local health committee comprised of families, teachers, administrators, and students to plan, implement, and improve nutrition and physical activity in the school environment.

Nutrition Guidelines for All Foods on Campus

Cristo Rey Oklahoma City Catholic High School will strive to adhere to the following guidelines:

- Offer school lunch menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Oklahoma Department of Human Services, School Nutrition Program.
- Follow the USDA Smart Snacks in School Standards for all foods sold in school.
- There are currently no standards placed on food items given (not sold) to students. The wellness committee may adopt more stringent standards on all foods available to students at a later date.
- To the maximum extent practical, all food and beverages served (not sold) on campus during the school day will be compliant with the USDA Smart Snack rule

The Marketing of Foods and Beverages Sold on Campus

The administration will ensure only foods meeting the Smart Snack standards will be marketed during the school day. Marketing of non-compliant food and beverages will not be permitted during the school day.

Public Involvement

Cristo Rey Oklahoma City Catholic High School will contact households to solicit public involvement for the local wellness policy process.

Implementation and Review

1. Director of Operations is responsible for insuring the implementation of the school wellness policy as written, here.
2. The assessment of this policy will be conducted at least once per every three school years. The following are designated with the responsibility for assessing the policy:
 - Principal
 - Nurse
3. Cristo Rey Oklahoma City Catholic High School's local wellness policy will be posted publicly on a bulletin board on campus accessible to the public.

School Health Committee Membership:

Chair: Danny Herman – Director of Operations

Members:

Kinsey Genheimer – Principal

Lola Anaya – Director of Finance

Bri Webb – Director of CWS

PUBLIC RELEASE

Due to regulations, all school food authorities (SFAs)/institutions must annually submit a public release to the informational media, local unemployment offices, and any major companies contemplating layoffs in that district's area, grassroots organizations, and interested individuals upon request.

OKHS also recommends that your attached a copy of the public release be uploaded to the School Website along with other required policies as a form of public notification if participating in the School Nutrition Programs.

When submitting the public release, the notification, the complete statement must be sent, including the full nondiscrimination statement.

Do not modify the nondiscrimination statement. If for any reason, the published material is too small to permit the full nondiscrimination statement, the material at a minimum must include the statement, in print size no smaller than the text, that "USDA is an equal opportunity provider."

Date submitted to news media:

August 6th, 2025

Name(s) of media outlets and companies submitted to:

The Oklahoman

KOCO (Channel 5)

Retain this form and a copy of your public release.

Cristo Rey OKC Catholic High School
PROVISION 2
PUBLIC RELEASE 2025-2026

This public release is on file at the school and is made available upon request to any interest party.

Cristo Rey OKC today announced its participation in a Universal Lunch Program for School Year 2025-2026. This USDA provision allows your child(ren) to participate in the school meal programs without having to pay a fee. Provision 2 gives food service professionals more time to focus on preparing nutritious meals that their students will enjoy and gives students more time to eat those meals by cutting down on time spent in the lunch line. More importantly, by offering all students a nutritious lunch at no cost, Provision 2 helps ensure more students come to class well-nourished and ready to learn.

Children need healthy meals to learn. Cristo Rey OKC offers healthy meals every school day. Lunch meals will follow the United States Department of Agriculture (USDA) guidelines for healthy school meals, so please encourage students to participate. Parents or guardians who need further information may contact Danny Herman, Child Nutrition Program Director at danny.herman@cristoreyokc.org.

"In accordance with federal civil rights law and USDA civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. **Mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
2. **Fax:** (202) 690-7442; or
3. **Email:** program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender."

USDA Nondiscrimination Statement 2015 (Spanish Translation)

De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, credo religioso, discapacidad, edad, creencias políticas, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA.

Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o con discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] llamando al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete [el Formulario de Denuncia de Discriminación del Programa del USDA](#), (AD-3027) que está disponible en línea en: http://www.ascr.usda.gov/complaint_filing_cust.html y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por:

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- (3) correo electrónico: program.intake@usda.gov.

Esta institución es un proveedor que ofrece igualdad de oportunidades.

USDA Nondiscrimination Statement 2015 (Spanish Translation Cont'd)

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USDA Nondiscrimination Statement 2015 (Spanish Translation Cont'd)

Joint Application Form (HHS)

Formulario de Solicitud Conjunta (HHS)

Se prohíbe a esta institución discriminar sobre la base de raza, color, nacionalidad, discapacidad, edad, sexo y, en algunos casos, creencias religiosas o políticas.

El Departamento de Agricultura de los EE. UU. también prohíbe la discriminación por motivos de raza, color, nacionalidad, sexo, credo religioso, discapacidad, edad, creencias políticas, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA.

Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

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Para obtener información adicional relacionada con problemas con el Programa de Asistencia Nutricional Suplementaria (SNAP, por sus siglas en inglés), las personas deben comunicarse con el número de línea directa USDA SNAP Hotline al (800) 221-5689, que también está disponible en español, o llame a los números de [información/líneas directas de los estados](#) (haga clic en el vínculo para ver una lista de los números de las líneas directas de cada estado) que se encuentran en línea en: http://www.fns.usda.gov/snap/contact_info/hotlines.htm

Para presentar una denuncia de discriminación relacionada con un programa que recibe asistencia financiera federal a través del Departamento de Salud y Servicios Humanos de los EE. UU. (HHS, por sus siglas en inglés), escriba a: HHS Director, Office for Civil Rights, Room

515-F, 200 Independence Avenue, S.W., Washington, D.C. 20201, o llame al (202) 619-0403 (voz) o al (800) 537-7697 (sistema TTY).

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